# TO ENLARGE WEST POINT. Congressmen Visit Academy to Wark Gut Plans. WEST POINT, N. Y., June 1.—Six members of the Committee on Military Affairs of the House of Representatives came here yesterday to control of Department of the proposed enlargement of the Military Academy recently authorized by Congress. Later they reviewed the battalion of cadets. The party consisted of Representatives Michael P. Farley of New York, Ashion C. Shallenberger of New

# TO TAKE OFF FLESH AND REDUCE WEIGHT

Eat Plenty of Wholesome Food, but Breathe Deeply and Try a Little Oil of Korein With Meals.

SALE OF

STAMPS

Mornings

STAMPS

Afternoon

200

144-146 **WEST** 

Some people seem to be able to eat thatever they please without its increasing their weight to any degree, while on the other hand other folks, inclined to stoutness, try to call lightly of the so-called flesh-making foods, but keep gaining weight all the time. Such a condition is both unnatural and dangerous, but can often be quickly overcome by practicing seep breathing in the open air. The blood of the average overstout person to consume the excessive faity material in the food. But frequent open air deep breathing forces additional oxygen into the system, largely overcoming this defect and preventing further increase is weight. Then, if this deep breathing plan is accompanied by the use of a little oil of kersin, taking a few drops in a capsale with each meal and again before going to hed, it becomes possible to greatify reduce the seven in a very few days.

The best frature of this refucing with a consultation of fat wherever they want to be a supply you are losing and do not skip a single dose until your weight is down to normal. Any druggist can supply you with these capsules.—Advt.

## Obesity Reduction Course For Women

QUESTION AND ANSWER COLUMN By Pauline Furtong

Miss Furlong will reply in this column to letters written by Evening World readers asking questions pertaining to the subjects treated in her articles. Letters must not exceed 250 words in length and must be limited to the subjects upon which information is desired.



### Bathing for Health.

The daily bath should be consid- Deep breathing, to clear the blood of the skin open and clean, is as es- to keep the bowels and kidneys nor internal waste organs. A well toned on the individual and must be chosen system, clear, healthy skin and a fresh, with discretion. Cold baths for the dainty feeling and appearance are about healthy and vigorous, hot baths for the most attractive things any woman the obese and tepid ones for the weak can possess, and the daily bath aids and elderly. Every hot bath should materially in bringing about the very be immediately followed by a cold best bodily conditions.

We all know that the four eliminative organs, lungs, skin, kidneys and howels must be kept active and clean,

> Accounts Opened from \$5 to \$5,000

SMALL ACCOUNTS ESPECIALLY INVITED

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if health and personal appearance are to be attained.

ered a very important part of any and lungs, daily baths for the skin, health course, and keeping the pores copious water drinking and exercises mally active.

The kind of bath depends entirely or tepid one to close the pores and prevent cold.

### Letters From Readers.

OILY HAIR AND SCALP-E. W shampoo it often, but get no results. A few days after the washing it is all flat and greasy again. What will keep it fluffy?

Use tar soap for the shampoo when scalp is oily. Do not brush nor massage, as this only stimulates the scalp and the oily condition shows it to be already over-stimulated. Put a little borax in the shampoo water. Sometimes a lump of gura camphor in the rinsing water well help overcome this condition.

PUFFS UNDER EYES AND FALLING MAIR—J. Y. (a man reader),
asks: Please tell ene what I can do
to remove dandruff from my hair and
stop it failing? I am twenty-six and
enjoy the best of health, but the failing of my hair worries me a great
deal. I have rubbed the scalp with
cocoanut oil and liquid vaseline for
three months but not no results: Can
you suggest something better? Do
you think if I consult a good scalp
specialist he could help me? What do
you think about applying coal oil
each night, as some one has advised
me to do? Also about the alum solution you mention for flabby skin,
will that tighten the flabby skin,
which forms puffs under my eyes?
Can it be applied or not?
The puffs under your eyes and falling hair both show some internal
disorder existing and you are not in
perfect health, though you may not
feel healty. It is difficult to convince

disorder existing and you are not in perfect health, though you may not feel badly. It is difficult to convince people that scalp and hair troubles are the direct result of some internal disorder existing, and alopeda, the most disfiguring of all scalp diseases, though not the most severe, is caused by nervousness and nothing else. There is no better external treatment than the cocoanut oil massage and castile soap shampoo, and the scalp should be loosened quite free from the head by massage. Do not wear tight hats, nor stiff ones which bind the head and prevent circulation of blood through it. Look to your general health as well. The puffs will not respond to the alum solution treatment, as you need internal treatment ment, as you need internal treatment for them. I would suggest you consult a physician rather than a scalp special-ist. The puffs are the surest sign of ist. The puffs are the surest sign of lowered vitality or possibly kidney trouble. On rare occasions they indicate heart trouble.

OLIVE OIL-MADGE R. writes: "Is olive oil a good substitute for meat, and if not, why not? Will it take the place of carbohydrate mat-

ter?
No. olive oil is not a substitute for meat, because it is deficient in saits and protein matters. It is also entirely lacking in carbohydrate matters, such as starches, sweets, white flour, rice, potatoes, &c.

ACIDITY—MRS. LOUIS K. writes:
"In a recent answer to a letter you advised the person not to take bicarbonate of soda as a remedy for acidity, only for temporary relief. Will you please state just what one should take for this trouble?"

Only proper diet will correct acidity and keep it away. Eat less starches, sweets and heavy foods, and take much exercise, to help digest those you do eat.

CANKER SORES—GRACE M.
writes: "What will cure canker sores
on the guma?"
Touch them with a piece of cotton
wrapped around an orange wood
stick and dipped in carbolic acid.

TURKISH BATHS—MRS. L. W. J. asks: "Will two Turkish baths a week help to reduce me and will they harm me in any way? I am 6 feet 9. What should I weigh? I have followed your course and lost fifteen pounds in a short time."

The Turkish bath is a wonderful remedial agent for many ailments. Two a week will help to reduce you if combined with non-fattening diet and will not harm you if you are robust. All hot baths stimulate the secretions, energize the entire system and clear the complexion.

VICHY AND KISSINGEN-MRS. VICHY AND KISSINGEN—MRS.
E. W. writes: "Wall the vichy and kissingen salts reduce me without exercise and diet? Would Tarkish baths help any? I am in good condition except for an occasional attack of theumatism, from which I suffered severely five years ago."

Diet and exercise are very necessary in the obesity course, and the salts will show but very slight results without them. The Turkish baths and vichy and kissingen salts will reduce you and also help overcome the rheumatism and drive it from your system.

from your system.

CHARTS FOR REDUCING-G. W. writes: I am five feet three and weigh 180 pounds. Which charts will be best for me? May I put sugar and cream in my coffee just once a

day? I eat only an orange for break-fast." Send me 25 cents and your measurements and I will send you the necessary charts and diet for reduc-ing. No. do not take surar nor cream You may eat many delicious things

# News Odditics

"DIG IN CORNER of cellar in case of my sudden death," York (Pa.) man told his wife. She did, and found \$14,000 in a paint bucket. PREPAREDNESS: To have himself stung once a

day for rheumatism, Kansas City man carries box of pet

Pastor's Summer Home Burns.

The Rev. Dr. A. Edwin Keigwin, pastor of the West End Presbyterian
Church, at One Hundred and Fifth
Street and Amsterdam Avenue, has
brought to his congregation the news vorite hymn, "Brighten the Corners

### Astonishing Power of Iron to Give Strength to Broken Down, Nervous People

WHITE PLAINS IRISHMAN, since the Irish revolt, thus advertises cottage for rent: "No English need apply; Germans welcome."

OREGON COLLEGE STUDENTS have discovered how to live on \$2.09 a week, and some are doing it.

A THE AGE OF THINTY-SIX YEARS, two Cleveland goese have been pensioned and will spend their decining years in luwry at the Zoo.

ANCHORED.—When a West Virginia man was asked to change his room in a Pennsylvania hotel, he shot up the place and two men.

WILLIONS IN SURPLUS

EARNED BY RAILROADS

Heir history.

Pennsylvania and New York Central stages were \$131.267.467 over the same period last year.

New York Central styles and investigation of the Pennsylvania and New York Central styles and styles.

Pennsylvania and New York Central then the period last year.

After deducting operating the period last year.

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After deducting operating expenses and sall fixed charges, Pennsylvania and New York Central stage over the same period last year.

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A pure white, creamy lotion to be applied to the skin when sunburned, chapped or roughened with wind, wet or cold. TWO SIZES 25c AND 50c



Mix with a little water, brush your hat with the mix-ture, rinse it off, shake it, put it on your head—clean, with good looks restored. A 10-cent box cleans twice. 25-cent box cleans 8 times.





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Black-White Cigarettes

Compares favorably with any 15c cigarette on the mar-ket. A new and delightful blend that will please you. 20 for 10c

Superior to moth balls. Much cheaper than camphor. Keeps your clothes free from of moths. 25c



THEATRICAL COLD CREAM

COLD GREAT

To be used in place of soap and water for cleansing the face and hands. Should be car-

ried in every auto for removing oil, grease and grime. Quickly

Keeps Moths Away

{Cedar Chest

Compound

30c & 50c

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Daintily colored, deliciously flavored sugar shells, with fillings of plump, meaty, imported almonds. A delightful confection for young and old—containing nothing but sugar, almonds and vegetable coloring.

A 40c VALUE SPECIAL PER 25c

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Ice Cream Short Cake





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Two Sizes, 25c and 50c

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CIGARS are made from the
best tobacco. Sy expert work
men, in sanit my factories, an
are noted for their rich, full
bodied fragrance.
TRY ONE TO-DAY.



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Formaldehyde Fumigators.
1bc. 2bc. 3he
Egyptian Deodorizer 1be
Moth Blais & Flakes, tb. 2bc
Sulphur Candles Be, 15e
Flatt's Chierides 20c. 37e
Sulpho Santhol.
Be, 15e, 50e, 50e, 80e
Magic Insect Powder,
10c. 3bc, 50e, 80e
Sallo, kalb. 42 th 1bc.
Tar Bags. 4bc, 1bc, 7bc
Crealin be, 1bc, 3bc, 7bc



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